

TRAIN WITH THE BEST

With extensive certifications and education, our coaches help you achieve your health and fitness goals.

GARRETT BASTIANELLI CROSSFIT COACH

- CrossFit Level 1 Certificate
- CrossFit Gymnastics Certification



NATALIE DANIELS CROSSFIT COACH

- CrossFit Level 1 Certificate



JACOB BURNS CROSSFIT COACH

- CrossFit Level 2 Certificate
- CrossFit Adaptive Athletes Certification
- CrossFit Kids Certification
- USAW L1 Certificate



ALANA GAMUNDOY CROSSFIT COACH

- CrossFit Level 1 Certificate
- USAW L1 Certificate



DAVID BUZO CROSSFIT COACH

- CrossFit Level 1 Certificate



MARY MARGARET MCGINN CROSSFIT COACH

- CrossFit Level 1 Certificate
- CrossFit Kids Certification



TRAIN WITH THE BEST

With extensive personal training certifications and education, our trainers help you achieve your health and fitness goals.

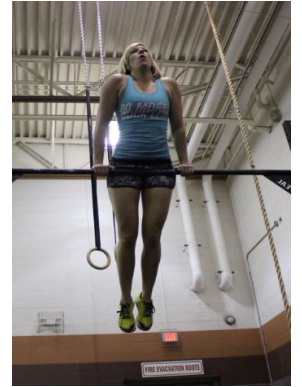
KATE MEIER CROSSFIT COACH

- CrossFit Level 1 Certificate



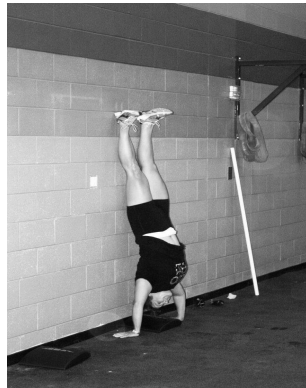
CRYSTAL TRAWICK CROSSFIT COACH

- Y Community Healthy and Wellness Director
- Affiliate Owner
- CrossFit Level 2 Certificate
- CrossFit Level 1 Certificate
- CrossFit Kids Certification
- USAW Sports Performance Coach



HOLLY SMITH RUEBUSCH CROSSFIT COACH

- CrossFit Level 2 Certificate
- CrossFit Level 1 Certificate
- Pendlay Level 1 Certificate



MAUREEN TOWNES CROSSFIT COACH

- CrossFit Level 1 Certificate
- CrossFit Mobility Certificate
- Pendlay Level 2 Certification
- Pendlay Level 1 Certification

